

HeadFIT

Being Kind to Yourself

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I obviously worry about family back home. I worry about my mum, her house, I worry about my daughter, how she's getting on at school. You know, it's strenuous. It is a stress. It shouldn't be, but it is. We are under pressure to get those aircrafts serviceable and out on the line. You cut corners, and you're potentially costing lives.

I think quite often you can be incredibly harsh on yourself. And you can be your own biggest critic, and you can put yourself down and you treat yourself in a way that you'd never dream, treating a friend or even a stranger in distress. So for me, it's quite important to treat yourself exactly how you treat others. For me, that means go for a walk, take the dog out. I go to a cafe, read a book. I'll quite regularly go to the gym if I'm feeling pretty low. All those things will lift my mood quite quickly. If I'm calm and I'm focused, it's so much easier to focus on my day to day job, and the relationships that I need to have with other people and get me back on the path where I need to be.